



# Bright Ideas for Washington State Bright Futures January, 2004 edition

A News Update from the Washington State Bright Futures Project

## Bright News:



Promoting Bright Futures in Washington State is partnering with the Office of the Superintendent of Public Instruction, School Nurse Corps Supervisors, the School Nurse Organization of Washington, DSHS and the Department of Health to plan and implement a mental health training program for school nurses using Bright Futures Mental Health materials as a core organizing feature. The training will be conducted in August of 2004. Expect to hear regular updates on this activity.



Family Voices was awarded a three year grant from the Center for Disease Control and Prevention (CDC) titled "Family Matters: Using Bright Futures to Promote Health and Wellness for Children with Disabilities". Family Voices is a national grassroots network of families and friends with two primary missions: 1) to advocate for health care services that are family-centered, community-based, comprehensive, coordinated and culturally competent for all children and youth with special health care needs, and 2) to promote inclusion of all families as decision makers at all levels of health care, to support partnerships between families and professionals. The grant will be carried out in partnership with the Department of Family Medicine and Community Health at Tufts University School of Medicine in Boston. Five states, including Washington State, have been invited to participate.



Children's Hospital Boston and Harvard Medical School, with support from the Maternal and Child Health Bureau, announce the launch of a new distance learning website, Pediatrics in Practice [www.pediatricsinpractice.org](http://www.pediatricsinpractice.org), a faculty development health promotion curriculum. Based on the Bright Futures principles that prevention works, families matter, and health promotion is everyone's business, this website supports child health educators and clinicians with effective strategies to convey health promotion content using core teaching methods. Please take a look!

*"Every family that received the Bright Futures folders were thrilled with the idea of having all of their health information in one place"*  
Early Head Start Family Educator

*"Good resource. Helpful reminders of what to ask or talk to parents about when doing well-child checks."* Bright Futures Pediatric Resident Survey, October, 2003

### TO:

- Learn more about the Washington State Bright Futures Project
- Obtain technical assistance or training in the use of Bright Futures materials
- Submit your ideas for this newsletter

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# Bright Futures Demonstration Project Highlights!

*In the September 2003 issue, we highlighted three of six communities that agreed last year to work with us, to learn more about how to effectively use Bright Futures materials, and to develop models others can use to implement Bright Futures health promotion in their programs and communities. Following are highlights from the other three participants:*

## **Kittitas County Head Start/ ECEAP**

Bright Futures *Encounter Forms for Families* and *Child Health Records* are being introduced to families at intake, with the goals of connecting families to Medical Homes, and helping parents learn how to advocate for their children's health. In addition, *Family Tip sheets* are used for monthly newsletters to go home to families, and *Pocket Guides* are used by the Family Resources Specialists to support their parent education efforts. According to Janea Graeber, Disabilities and Health Services Manager, "Our staff is very excited about the materials. We can use the Bright Futures materials in many ways. We have used (them) to find the answers to most questions regarding children's health status and routine physical needs." Family responses to the *Encounter Forms* were "overwhelmingly positive". "I would love to continue to have *Encounter Forms* for each child entering Head Start for the years to come."

## **Training Videos: Univ of Washington School of Nursing**

Janet Cady, MN, ARNP, worked with the School of Nursing to develop educational materials based on the Bright Futures Core Concepts of Partnership, Communication, Health Promotion/Illness Prevention, Time Management, Education and Advocacy. The videotapes review the role of a Pediatric Nurse Practitioner, and demonstrate well child visits with a one week old infant and a 5 year old child. Janet made use of the *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, Second Edition, Pocket Guide*, the *Family Tip Sheets*, *Activity Books* and *Child Health Records*. The videotapes are useful for demonstration of the application of Bright Futures concepts, and have helped to raise awareness of Bright Futures in the UW School of Nursing.

## **Hale-Summit Teen Health Center**

To improve outreach to parents and guardians of middle and high school students, Janet Cady, MN, ARNP, developed a flyer introducing the services and staff of the Teen Health Center to families, including photos, and encouraging families to partner in health promotion. *Bright Futures Family Tip Sheets* for teens were attached to the flyer for mailing to student's families on enrollment in the clinic. Janet hopes that this Bright Futures health promotion message will increase family "awareness of our health promotion activities" and encourage family partnerships in teen health care.

"Great, available resources!"

*We welcome  
your  
contributions  
to our e-  
newsletter! If  
you have  
ideas to  
share, please  
contact us.  
\*\*\*\*\**

## **To Order Bright Futures:**

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